



A MATTER OF SUBSTANCE

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DIVISION OF BEHAVIORAL HEALTH

STAFF SPOTLIGHT: CYNTHIA KELLY

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Cynthia Kelly is an IDPH Health Facilities Surveyor. That means she is part of the substance abuse and problem gambling program licensure team that also includes Jeff Gronstal and Bob Kerk sieck. There are 114 licensed programs in Iowa. Some programs are licensed for assessment and evaluation only, others provide either substance abuse or problem gambling treatment only, and some providers

treat both substance abuse and problem gambling.

Cynthia's responsibilities range from technical assistance to help programs move forward with licensure, onsite inspection of program compliance with licensure standards, and investigation of complaints against licensed programs. By far, the favorite part of the job for Cynthia is providing technical assistance to help programs succeed in meeting licensure standards.

Cynthia has been with state government for almost 28 years! She began as a prevention consultant with the (then) Iowa Department of Substance Abuse before it merged into IDPH in 1986. She has held positions as training manager for the Division of Substance Abuse

and bureau chief for prevention and training.

Prior to joining the state, Cynthia worked for six years at Plains Area Mental Health Center in LeMars and started what was, at the time, one of only six substance abuse prevention programs in Iowa.

A little known fact about Cynthia is that she enjoys working on her home. She has refinished all the hardwood floors and trim in her house, repaired drywall, and turned a broken down piece of "curb furniture" into a dresser — with the permission of the owner!

Cynthia immensely enjoys her three nieces and seven nephews who have kindly produced a great niece and a great nephew for her to also enjoy!

DIRECTOR'S CORNER

In the past, I've talked about our addictions system transition and the recovery-oriented system of care approach. Both are part of our strategic planning for substance abuse and problem gambling services. In fact, a written strategic plan is a requirement of the SAMHSA Substance Abuse Prevention and Treatment Block Grant that supports many of our services. We requested and have been approved to receive SAMHSA-funded technical assistance related to our strategic planning. And, we requested and have been approved to have Janet Zwick, former IDPH deputy director, provide that

technical assistance. We have met with Janet and with many of you and have identified eight key strategic planning topic areas:

- Medicaid and Health Insurance Exchange Covered Benefits
- ROSC
- Addictions Service System Transition
- Aligning Licensure Standards and ROSC
- Geographic Service Areas
- Practitioner Credentialing
- Funding and Funding Methodologies
- Performance Measurement and Contract Conditions

Here's where you come in again — we need your input!

Every month or so, we will post a draft discussion paper on one of these topic areas on our ROSC website, http://www.idph.state.ia.us/bh/sa_rosc.asp. The posting will include a timeframe, about 30 days, and a method for you to send in comments. The first, very time-sensitive topic of Medicaid and Health Insurance Exchange Covered Benefits is posted now with a January 21 comment date! All comments we receive will be considered.

I look forward to your input! As always, let me know if any questions or concerns.

Thanks, Kathy



Kathy Stone is Director of the Division of Behavioral Health

DIVISION OF BEHAVIORAL HEALTH UPDATES

Child Protection Center Grants

The Division of Behavioral Health is now the official home of the Child Protection Center (CPC) Grants, previously located in the Division of Health Promotion and Chronic Disease Prevention.

Iowa's Child Protection Centers, also known as Child Advocacy Centers, operate under a nationally-recommended multi-disciplinary model involving the Department of Human Services, law enforcement officials, county attorneys, victim advocates, and medical and mental health professionals in serving Iowa's most vulnerable population.

Child Protection Centers provide a comprehensive team response to allegations of child abuse in a comfortable, private, child-friendly setting that is both physically and psychologically safe for children. This is important because children who are victims of alleged child abuse can be further victimized by the numerous interviews and exams necessary to investigating the abuse allegation. CPCs provide consistent and compassionate support for the child and the child's family.

IDPH works closely with Iowa's CPCs, including: Mercy Child Advocacy in Sioux City, Mississippi Valley Child Protection Center in Muscatine, Regional Child Protection Center in Des Moines (at Blank Children's Hospital), and St. Luke's Child Protection Center in Hiawatha.

For more information, contact Michele Tilotta at mtilotta@idph.state.ia.us or 515-281-4816.

Access to Recovery Admitting New Clients

On December 23rd, Iowa had the first clients admitted into the new Access to Recovery (ATR III) program. United Community Services and Center for Behavioral Health in Des Moines each admitted a client on that date. Since

that time, 71 clients have been admitted into ATR III.

Care Coordination providers with a fully executed Cooperative Agreement who have participated in the Voucher Management System training are eligible to begin admitting clients. Recovery Support Service providers who have met the same requirements are eligible to begin accepting referrals for ATR clients.

For more information, contact Kevin Gabbert at 515-281-7080, or go to www.idph.state.ia.us/atr.

**Update: House File 2310**

The Department of Human Services (DHS), the Iowa Judicial Branch, and IDPH, as directed in 2008 House File 2310, have partnered to develop protocols for working with our shared families. As promised in the October 2010 edition of *A Matter of Substance*, related documents, protocols, forms and reports are now available at:

http://www.dhs.state.ia.us/Consumers/Child_Welfare/BR4K/HF_2310/House_File_2310.html

For more information, contact Michele Tilotta at mtilotta@idph.state.ia.us or 515-281-4816.

Update: SPF SIG

The Strategic Prevention Framework State Incentive Grant (SPF SIG) strategic plan has been approved by the Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention and IDPH is moving forward with implementation! Watch the *Funding Opportunities* section of IDPH's website for release of a competitive Request for Proposal (RFP) related to training and technical assistance.

The RFP will be posted by mid-January at www.idph.state.ia.us/IdphGBP/IdphGBP.aspx.

To learn more about SPF SIG, go to www.idph.state.ia.us/spfsig/default.asp or contact Julie Hibben, at jhibben@idph.state.ia.us.

What is the Anatomical Gift Program?

The Anatomical Gift Public Awareness program is funded solely by donations made by the citizens of Iowa as part of the motor vehicle registration/renewal process. You might be more familiar with it if you think about the organ donor section on your driver's license.

About half the funding IDPH receives for the Anatomical Gift Program goes to Iowa hospitals, state agencies, or non-profit organizations to promote public awareness of organ donation opportunities.

The rest of the funding (50%) is intended to assist organ donors and recipients with certain out-of-pocket donation-related expenses such as lodging, meals, mileage, and prescriptions. In FY 2010, IDPH received 45 grant applications and reimbursed individual donors and recipients a total of \$72,932.

The Anatomical Gift Program works closely with the Iowa Donor Network.

For more information, go to http://www.idph.state.ia.us/bh/anatomical_gift.asp or go to <http://www.iowadonornetwork.org/>.

RELATED NEWS

Prevention and the Future

A Matter of Substance would like to thank David Runyon from Helping Services of Northeast Iowa for contributing the following perspective.

We have been overwhelmed in recent months with new concepts and philosophies that are expected to shape the future of prevention. Among those changes is a change in the definition of what our focus should be. In substance abuse prevention, our focus has been just that: substance abuse prevention. A shift to preventing Emotional, Mental, and Behavioral disorders (MEB's) is coming. It is a more comprehensive view and fits well with SAMHSA's strategic initiative in prevention. This broader view is reinforced by years of research that shows that multiple areas are impacted by prevention interventions targeted at the behavioral health of the general public. This focus acknowledges and affirms the value of the work in which we have engaged.

ROSC (Recovery-Oriented Systems of Care) is a challenging concept change for prevention. It is full of opportunities, though, and prevention professionals need to take notice! At the forefront of ROSC is the concept of wellness and health promotion for individuals, families, and communities. This is an area with which we are comfortable and have considerable expertise.

The concept of Prevention Prepared Communities is front and center in both health care reform and ROSC. The community readiness model we have been using for years is a good starting place for understanding this concept. In order for ROSC to be fully integrated into our service systems, we will need communities that are ready to provide support without the stigmas that have historically followed a person with behavioral health issues. A prevention prepared community is really just the final stage of this model.

Finally, environmental work and asset building work will continue to be strong areas of focus. I think the prevention programs and community coalitions in

Iowa are well prepared for this new frontier.

The Benefits of Mentoring
Provider Spotlight

The **Children of Promise One-on-One Mentoring Program in Johnson County** serves youth, ages 12-17, who have a parent who has been involved with correctional services — parole, probation, or in prison. The mentoring program also serves youth who have been involved with juvenile court services. Youth are matched with trained, supportive mentors from the community to increase their social network and give them a positive outlet to explore their interests and their community.

Jason Jordan and his mentee “Lil” Rob have been together for over a year. The two like to play basketball, go out to eat, go to football games, participate in boys group, drive around, and hang out. “Before my mentor, I was a bad person who made bad decisions”, says “Lil” Rob. “My mentor has helped me with homework, my anger, and problems at school or outside of school. I’m happy I met him and he helps me calm down. It’s good when he comes to my football games or when he comes to my class; it’s good as long as I know someone is there—sometimes my mom can’t make it.”

According to “Lil” Rob, the best part of having a mentor is having somebody to talk to. “I am happier now that I have Jason in my life.”

For more information, contact **Angie Jordan** at 319-540-4195.

Fast Facts
from the Consortium

There is longstanding national concern for racial disparities in the prevalence of substance use disorders, as well as treatment delivery and outcomes. Research shows that minorities often report lower levels of lifetime prevalence of substance use disorders (Breslau, Aguilar-Gaxiola, et al., 2005)

In a recent study, Consortium authors investigated remission from any type of substance dependence in Latinos, African Americans, and Whites using the 2001–2002 National Epidemiologic Survey on Alcohol and Related Conditions, a national sample of community adults. Analyses used the 4,520 participants who indicated prior-to-last-year dependence on either alcohol or drugs. Outcome was categorized as current substance dependence or abuse, current use, or abstinence. The report showed that Whites reported greater likelihood of substance dependence.

The findings suggest that recovery programs and research should recognize that minorities versus Whites, on average, live in different structural contexts that may exacerbate challenges to recovery. Thus when, African Americans and Latinos who suffer from substance dependence live in communities that are poorer and segregated and have weaker community institutions, they may receive less social and interpersonal support for recovery than Whites (Massey & Denton, 1993). Given that the overall initial dependence is lower among minorities, research should investigate the protective factors that contribute to their fewer problems with drugs and alcohol.

Watch for more “fast facts” from the **Iowa Consortium for Substance Abuse Research and Evaluation** at the University of Iowa.

Tobacco Free Treatment Pilot

Through a two year Affordable Care Act grant, IDPH's Division of Tobacco Use Prevention and Control and Division of Behavioral Health are collaborating with three substance abuse residential treatment centers on a smoking cessation project.

The three centers: **Area Substance Abuse Center (ASAC)**, **Cedar Rapids; Community and Family Resources (CFR)**, **Fort Dodge**; and **Prairie Ridge, Mason City**, will adopt a 100% tobacco free policy for all staff, visitors and clients and all center buildings and grounds.

Beginning in July, the three centers will also implement a best practice incorporating tobacco cessation with other substance use treatments. This innovative approach assists people with substance use issues initiate effective recovery from all addictions concurrently. The centers will serve as pilot projects that act as models for other substance abuse treatment programs around the state.

For more information, contact Don Owens at 515-281-6251 or Bob Kerksieck at 515-281-3347.

IDPH Launches Three New Websites and Updated Webpage

IDPH is pleased to announce the launch of three new websites and an updated webpage.

Iowa e-Health (www.iowaeHealth.org) is an informational website that can be used to learn about health information technology in Iowa and across the nation. Iowa e-Health is a public/private collaboration established to promote understanding of electronic health information, including the Iowa Health Information Exchange and electronic health records.

Healthy Iowans engages public health partners in the development and use of the five-year Healthy Iowans health assessment and health improvement plan. Online at www.idph.state.ia.us/adper/healthy_iowans.asp, this new website includes updates and announcements, frequently asked questions, and health resources information.

The new **Epidemiological** website (<http://iconsortium.subst-abuse.uiowa.edu/EPI/>) provides data to assist local communities in assessing and analyzing substance use and abuse in their counties. The website is sponsored by IDPH and is funded by the Center of Substance Abuse Prevention Strategic Prevention Framework State Incentive Grant. The website provides a wide range of data from a variety of sources on alcohol, tobacco, and illicit drugs. The data are available for Iowa, and most are available at the county level, depending on source, sample size, and confidentiality rules.

Got to **Funding Opportunities** at <http://www.idph.state.ia.us/IdphGBP/IdphGBP.aspx> for information on IDPH competitive selection documents such as Request for Proposals, Request for Bids, Request for Applications, Request for Information and General Conditions for contracts. This is the new name for the link that used to be entitled Grants, Bids and Proposals.

TRAININGS AND CONFERENCES

It's All Greek to Me

January 20, 2:00-3:15
A workshop on underage and hazardous drinking by college fraternity/sorority members. To register, go to www.udetc.org/audioconfregistration.asp.

Co-Occurring Disorders Change Agent Training

January 27
Des Moines Botanical Center,
909 Robert Ray Drive, Des Moines
For more information, contact Brenda Hollingsworth at Brenda-Hollingsworth@uiowa.edu

Fundamentals of HIV, Hepatitis, and STD Prevention Counseling

January 25-27 and again April 19-21
Des Moines Botanical Center,
909 Robert Ray Drive, Des Moines
For more information, contact Shane Scharer/IDPH at 515-281-5027

Motivational Interviewing - 3-Part Series

February 4, April 15, and May 20
Peter Waitt Education Center,
800 5th Street, Sioux City
For more information, contact Angie at aanderson@jacksonrecovery.com.

The Road Ahead Conference: Responding to Today's Issues that Affect Youth and Families

February 8
E3 Center; 1400 E. Washington,
Mount Pleasant
For more information, contact the Henry County Substance Abuse Coalition at 319-385-8126.

Iowa's Early Care, Health and Education Congress: Leading with the 3 R's of Collaboration

February 9-10
Airport Holiday Inn, Des Moines
For more information, contact Lois Kiester at 515-964-6685.

Many Faces of Mental Illness

May 12
Sioux City Convention Center
For more information, contact Kim Fischer-Culver/Siouxland Mental Health Center at 712-202-0173.

For more information about the Division of Behavioral Health, visit www.idph.state.ia.us/bh

For questions related to "A Matter of Substance," contact the editors:

Kevin Gabbert (kgabbert@idph.state.ia.us) or Julie Hibben (jhibben@idph.state.ia.us)